



AUTUMN MENU



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Fresh Tomato Soup with Homemade Bread	Tomato and Basil Soup with Homemade Bread	Vegetable Soup with Homemade Bread	Leek and Potato Soup with Homemade Bread	Sweet Potato and Carrot Soup with Homemade Bread
MAIN	Mac and Cheese with Sliced Pepperoni	Swedish Pork Meatballs	Mexican Beef and Vegetable Burrito	Chicken Pie topped with Shortcrust Pastry	Prime Cheeseburger
VEGETARIAN	Traditional Mac and Cheese	Plant Balls	Bean and Vegetable Burrito	Quorn and Sweetcorn Pie topped with Shortcrust Pastry	Veggie Cheeseburger
SIDES	Slice of Garlic Bread and a Mixed Leaf Seasonal Salad	Creamy Mashed Potatoes, Seasonal Vegetables and Fresh Gravy	Buttered Sweetcorn and Nachos	Crushed New Potatoes, Seasonal Vegetables and Fresh Gravy	Chipped Potatoes, Baked Beans or Garden peas
JACKETS AND GRAB AND GO	Jacket Potato, Butter Portions, Margarine Portions, Baked Beans, Grated Cheddar, Tuna Mayonnaise. Selection of Freshly Prepared Sandwiches, Rolls, Baguettes or Wraps Jacket Potato, Baked Beans				
DESSERT	Shortbread Slice	Pineapple Upside Down Pudding	Traditional Apple Crumble with Fresh Custard	Chocolate Slice	Slice of Fruited Flapjack
	Yoghurt, Jellies or Fresh Fruit Pots				
SALAD BAR	Houmous, Crudities and Coleslaw	Grated Carrot and Sultana Salad and Coleslaw	Cucumber, Orange and Beetroot Salad and Coleslaw	Tomato, Red Onion and Green Lentil Salad and Coleslaw	Potato and Chive Salad and Coleslaw
	Tomato, Cucumber, Sweetcorn, Mixed Leaves, Sliced Peppers, Grated Carrots, Tuna, Grated Cheese, Sliced Ham, Roast Chicken, Boiled Eggs, Coleslaw, Selection of Dressings and Toppings				





AUTUMN MENU



WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Cream of Mushroom Soup with Homemade Bread	Cream of Tomato Soup with Homemade Bread	Green Giant Soup with Homemade Bread	Red Lentil and Chickpea Soup with Homemade Bread	Roasted Butternut Squash Soup with Homemade Bread
MAIN	Beef Bolognese finished with Fresh Tomatoes and Herbs	Chicken Tikka Masala	Roast Sliced Pork with Sage and Onion Stuffing	Cottage Pie	Breaded Chicken Wrap
VEGETARIAN	Vegemince Bolognese	Chana Masala	Sweet Potato and Chick Pea Roast	Shepherdess Pie	Halloumi Wrap
SIDES	Spaghetti, Garlic and Herb Bread and Steamed Sweetcorn	Steamed Rice, Poppadum and Mango Chutney	Roasted Potatoes, Sliced Carrots, Peas and Fresh Gravy	Seasonal Vegetables and Fresh Gravy	French Fried Potatoes, Baked Beans or Peas
JACKETS AND GRAB AND GO	Jacket Potato, Butter Portions, Margarine Portions, Baked Beans, Grated Cheddar, Tuna Mayonnaise. Selection of Freshly Prepared Sandwiches, Rolls, Baguettes or Wraps Jacket Potato, Baked Beans				
DESSERT	Retro Sponge Cake	Chocolate Chip Bread and Butter Pudding with Fresh Custard	Raspberry and Lemon Crumble Cake	Zesty Orange Shortbread	Sugared Jam Doughnut
	Yoghurt, Jellies or Fresh Fruit Pots				
SALAD BAR	Italian Style Rocket Salad with Balsamic Dressing and Coleslaw	Bombay Potato Salad and Coleslaw	Rice Salad and Coleslaw	Greek Salad and Coleslaw	Black Bean and Quinoa Lime Salad and Coleslaw
	Tomato, Cucumber, Sweetcorn, Mixed Leaves, Sliced Peppers, Grated Carrots, Tuna, Grated Cheese, Sliced Ham, Roast Chicken, Boiled Eggs, Coleslaw, Selection of Dressings and Toppings				





AUTUMN MENU



WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Minestrone Soup with Homemade Bread	Creamed Sweetcorn Soup with Homemade Bread	Carrot and Coriander Soup with Homemade Bread	Fresh Tomato Soup with Homemade Bread	Cauliflower Cheese Soup with Homemade Bread
MAIN	Chicken in a Fresh Tomato and Basil Sauce	Toad in The Hole	Baked Beef Lasagne with tomato and Herbs	Oriental Chicken and Vegetable Stir Fry	Homemade Pepperoni Pizza
VEGETARIAN	Fresh Tomato Penne Pasta	Vegetarian Toad in The Hole	Baked Vegetable Lasagne with Tomato and Herbs	Oriental Vegetable Stir Fry	Homemade Margarita Pizza
SIDES	Penne Pasta, Garlic Bread and Fresh Mixed Salad	Mashed Potatoes, Seasonal Vegetables and Fresh Gravy	Steamed Sweetcorn and Freshly Baked Bread	Egg Noodles and a Mini Pancake Roll	Chipped Potatoes, Red Slaw and Mixed Side Salad
JACKETS AND GRAB AND GO	Jacket Potato, Butter Portions, Margarine Portions, Baked Beans, Grated Cheddar, Tuna Mayonnaise. Selection of Freshly Prepared Sandwiches, Rolls, Baguettes or Wraps Jacket Potato, Baked Beans				
DESSERT	Blueberry Cupcake	Treacle Tart with Fresh Custard	Lemon Drizzle Cake	Oat Cookie	Homemade Carrot Peel Cake with Cinnamon Icing
	Yoghurt, Jellies or Fresh Fruit Pots				
SALAD BAR	Roasted Pepper, Aubergine and Courgette Pasta Salad and Coleslaw	Cucumber, Orange and Beetroot Salad and Coleslaw	Greek Salad and Coleslaw	Mixed Bean Salad and Coleslaw	Tuna and Sweetcorn Pasta Salad and Coleslaw
	Tomato, Cucumber, Sweetcorn, Mixed Leaves, Sliced Peppers, Grated Carrots, Tuna, Grated Cheese, Sliced Ham, Roast Chicken, Boiled Eggs, Coleslaw, Selection of Dressings and Toppings				

